



## PHYSICAL ACTIVITY REBATE

FISCAL YEAR 2004

Begin tracking AFTER July 1, 2003

Accumulate at least 30 minutes of physical activity in a day's time and earn 1 point toward your Physical Activity Rebate.

PHYSICAL ACTIVITY is anything that gets your body moving. Anything from mowing the lawn or gardening to running in a race counts.

You can earn 1 point per day.

Once you earn 100 points, mail or fax this rebate log to Healthy Utah. You will receive your **\$60 rebate** in the mail from PEHP.

You have one year from when you start this physical activity rebate log to finish and return it to Healthy Utah.



## REBATE FORM

Return this form when you've completed your Physical Activity Log.

NAME (PLEASE PRINT)	
YOUR SOCIAL SECURITY NO.	BIRTHDATE
Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male	Status: <input type="checkbox"/> Employee <input type="checkbox"/> Spouse

### IF EMPLOYEE, PLEASE PROVIDE:

AGENCY / DEPARTMENT
DIVISION / OFFICE
WORK MAILING ADDRESS
CITY / STATE / ZIP
WORK PHONE NUMBER
WORK E-MAIL ADDRESS

### IF SPOUSE, PLEASE PROVIDE:

EMPLOYEE'S SOCIAL SECURITY NUMBER
HOME MAILING ADDRESS
CITY / STATE / ZIP
HOME PHONE NUMBER
HOME E-MAIL ADDRESS

I fully assume any and all risks associated with participating in this physical activity program. I waive and release all rights and claims against the Utah Department of Health, PEHP and the persons administering the Healthy Utah Program from any and all injuries, ailments or other consequences that I may suffer from my participating in this physical activity program.

SIGNATURE	DATE
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Return completed form via mail (in a #10 envelope) to:

**HEALTHY UTAH**

P.O. Box 142107 / Salt Lake City, Utah 84114-2107  
or via fax to 801-323-1577.

## PHYSICAL ACTIVITY LOG

1 Point = 30 Minutes of Accumulated Activity.

Cross your points off as you earn them.

**100 POINTS = \$60**

DAY 1 30 MINUTES	DAY 2 30 MINUTES	DAY 3 30 MINUTES	DAY 4 30 MINUTES	DAY 5 30 MINUTES
DAY 6 30 MINUTES	DAY 7 30 MINUTES	DAY 8 30 MINUTES	DAY 9 30 MINUTES	DAY 10 30 MINUTES
DAY 11 30 MINUTES	DAY 12 30 MINUTES	DAY 13 30 MINUTES	DAY 14 30 MINUTES	DAY 15 30 MINUTES
DAY 16 30 MINUTES	DAY 17 30 MINUTES	DAY 18 30 MINUTES	DAY 19 30 MINUTES	DAY 20 30 MINUTES
DAY 21 30 MINUTES	DAY 22 30 MINUTES	DAY 23 30 MINUTES	DAY 24 30 MINUTES	DAY 25 30 MINUTES
DAY 26 30 MINUTES	DAY 27 30 MINUTES	DAY 28 30 MINUTES	DAY 29 30 MINUTES	DAY 30 30 MINUTES
DAY 31 30 MINUTES	DAY 32 30 MINUTES	DAY 33 30 MINUTES	DAY 34 30 MINUTES	DAY 35 30 MINUTES
DAY 36 30 MINUTES	DAY 37 30 MINUTES	DAY 38 30 MINUTES	DAY 39 30 MINUTES	DAY 40 30 MINUTES
DAY 41 30 MINUTES	DAY 42 30 MINUTES	DAY 43 30 MINUTES	DAY 44 30 MINUTES	DAY 45 30 MINUTES
DAY 46 30 MINUTES	DAY 47 30 MINUTES	DAY 48 30 MINUTES	DAY 49 30 MINUTES	DAY 50 30 MINUTES
DAY 51 30 MINUTES	DAY 52 30 MINUTES	DAY 53 30 MINUTES	DAY 54 30 MINUTES	DAY 55 30 MINUTES
DAY 56 30 MINUTES	DAY 57 30 MINUTES	DAY 58 30 MINUTES	DAY 59 30 MINUTES	DAY 60 30 MINUTES
DAY 61 30 MINUTES	DAY 62 30 MINUTES	DAY 63 30 MINUTES	DAY 64 30 MINUTES	DAY 65 30 MINUTES
DAY 66 30 MINUTES	DAY 67 30 MINUTES	DAY 68 30 MINUTES	DAY 69 30 MINUTES	DAY 70 30 MINUTES
DAY 71 30 MINUTES	DAY 72 30 MINUTES	DAY 73 30 MINUTES	DAY 74 30 MINUTES	DAY 75 30 MINUTES
DAY 76 30 MINUTES	DAY 77 30 MINUTES	DAY 78 30 MINUTES	DAY 79 30 MINUTES	DAY 80 30 MINUTES
DAY 81 30 MINUTES	DAY 82 30 MINUTES	DAY 83 30 MINUTES	DAY 84 30 MINUTES	DAY 85 30 MINUTES
DAY 86 30 MINUTES	DAY 87 30 MINUTES	DAY 88 30 MINUTES	DAY 89 30 MINUTES	DAY 90 30 MINUTES
DAY 91 30 MINUTES	DAY 92 30 MINUTES	DAY 93 30 MINUTES	DAY 94 30 MINUTES	DAY 95 30 MINUTES
DAY 96 30 MINUTES	DAY 97 30 MINUTES	DAY 98 30 MINUTES	DAY 99 30 MINUTES	DAY 100 30 MINUTES